

Beedies

Exotic Flavored Cigarettes

(also called Bidis, Beedis, Beades)

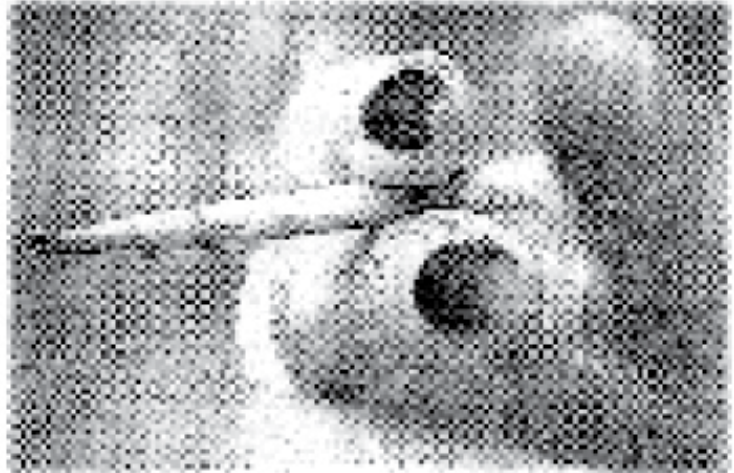
An imported, flavored tobacco product more harmful than a U.S. cigarette.

What is a Beedi?

A beedi is a greenish-brown leaf that is filled with tobacco, hand-rolled with tapered ends, then tied with a small colorful thread.

They come in popular flavors such as vanilla, chocolate, strawberry, mango, and cinnamon.

They are imported from India in colorful packages.



The Dangers of Beedies

- A mistaken belief is that it is a natural, herbal, non-tobacco alternative. It is tobacco.
- This dangerous product is popular with youth as a new, trendy, dessert-like substance.
- They release at least two to three times more nicotine than a U.S. cigarette, inducing a 'buzz.' More addictive.
- They have more than twice the level of tar, a cancer-causing agent, than a filtered U.S. cigarette. More dangerous.
- As with all tobacco products, beedies causes serious harmful health effects.

Another popular foreign cigarette is Kretek, an Indonesian cigarette that contains a mixture of tobacco and cloves. Brand names include Gudam Garam, Terong, Krakatoa, Kuta, and Bima.

For Help Quitting Tobacco: 1-800-QUIT-NOW or www.TryToStopNH.org

**For more information about preventing tobacco use, contact
NH Department of Health and Human Services, Tobacco Prevention & Control Program
800-852-3345, ext. 6891**



For more Fact Sheets please go to www.ParentHelpNH.org

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services,
NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org